

# Keeping warm in the cold : human brown adipose tissue upon cold acclimation

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## **Keeping warm in the cold Human brown adipose tissue upon cold acclimation**

1. Cold acclimation recruits human brown adipose tissue in lean and obese subjects (this thesis)
2. There is a need for less invasive techniques that investigate brown adipose tissue in human adults (this thesis)
3. Upon cold exposure brown adipose tissue activity levels are not different between females and males (this thesis)
4. The use of individualized cooling protocols is necessary to study maximal brown adipose tissue activity (this thesis)
5. The increased time spent in thermal comfort zone contributes to the prevalence of obesity (Johnson et al, Obesity Reviews 2011)
6. Supportive environments and communities are fundamental in shaping people's choices and preventing obesity (Vanessa Collazos, 10 facts on obesity, WHO, 2014)
7. Although it is nice to feel comfortable, this is not necessarily healthy (Lisje Schellen, Beyond uniform thermal comfort, on the effects of non-uniformity and individual physiology, 2012)
8. In human BAT research teamwork between basic physiologists and medical specialists is inevitable
9. Life is not as bad as it may seem, if you open your eyes to what is in front of you (from Dreamgirls)
10. Life is what happens to you while you're busy making other plans (John Lennon)
11. Limburg, je zal er maar wonen (aangepast uit de reclamespot van Regiobranding Zuid-Limburg)

Anouk van der Lans, 3 juli 2015